

# UNIT - I



# INTRODUCTION

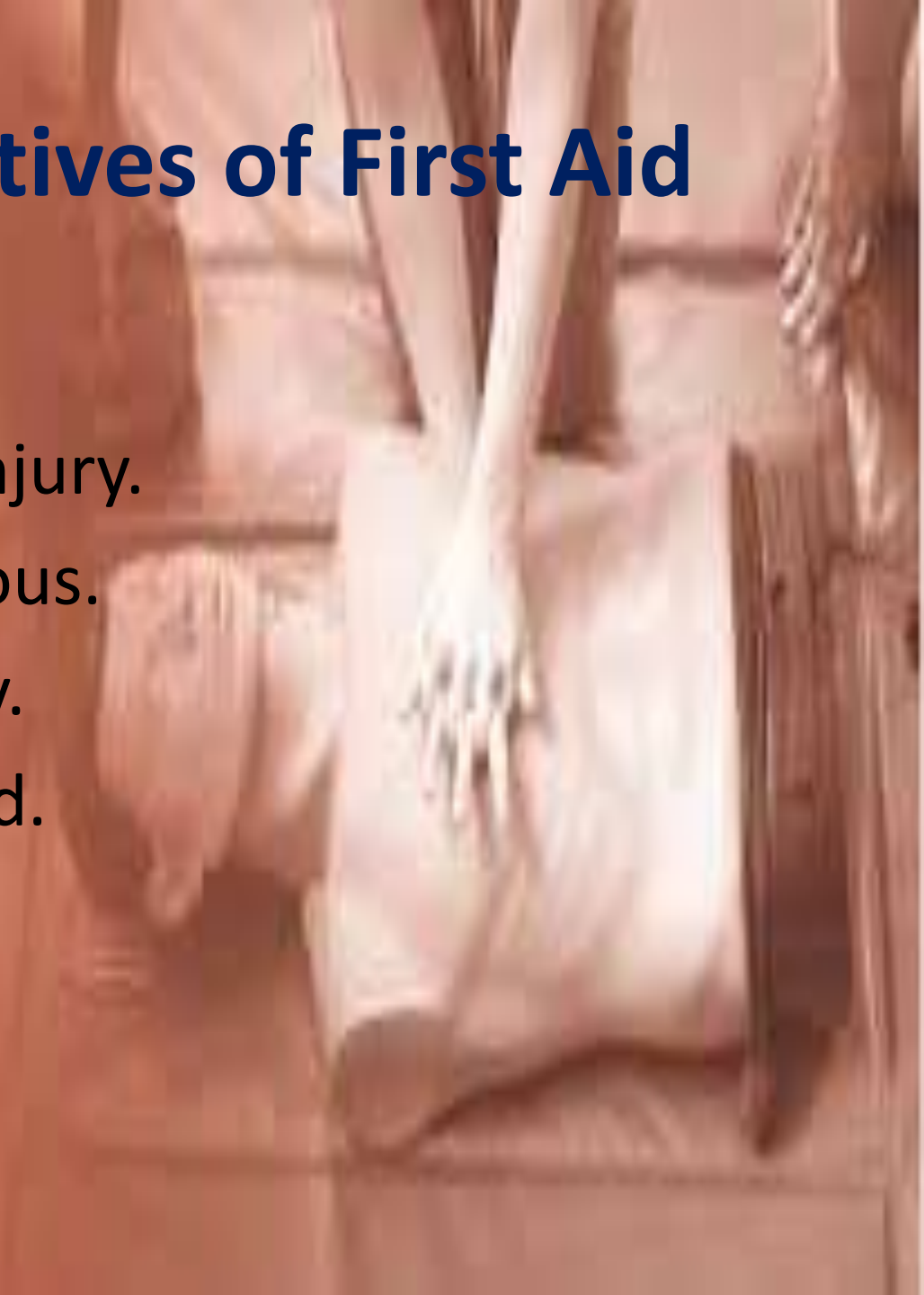
- First aid is the immediate & temporary treatment of a victim of injury or sudden illness until a proper regular medical treatment is initiated.
- Proper early measures may be instrumental in saving life & also ensuring minimal damage as well as better & quick recovery.

# Definition of First Aid

- First Aid is the temporary & immediate treatment given to a person who is injured or suddenly becomes ill, using facilities or materials available at that time before regular medical help is imparted.

# Aims / Objectives of First Aid

- To preserve life.
- To prevent further injury.
- To protect unconscious.
- To promote recovery.
- To access medical aid.



# Principles of First aid – 4 C's

- Call for help.
- Calmly take charge.
- Check the scene & casualty.
- Carefully apply first aid.



# Importance of First Aid

- To save life.
- To promote fast recovery.
- First aider had to reach the victim in time & save him.
- To prevent the aggravation of the victim's situation.
- To safeguard the life.
- To prevent further deterioration of the condition & further complications.



## Cont...

- To provide pain relieving measures.
- To make the victim / person as comfortable as possible.
- To provide medical care as early as possible.
- First aider has to keep himself calm, careful & fast in action.
- To have the knowledge of the injury & its nature.

# Cont...

- Know how to carry out the first aid measures & give appropriate treatment.
- Shift the victim to the nearby hospital or show him to a qualified doctor.



# First Aid – Box / Kit



# Rules / General Principles of First Aid

- Stay calm.
- Check your surroundings are safe.
- Don't put yourself or the casualty at risk.
- Decide if the casualty needs medical aid, ask for advice if not sure.
- Reassure the casualty & keep them warm.
- Treat symptoms of shock.

# Cont...

- Keep the casualty comfortable & don't move them if suspicion of injury to back or neck.
- Wash your hands before applying first aid dressing, or wear disposable gloves. To prevent infection, be ware of HIV & hepatitis B.
- Clean wounds thoroughly before applying dressings.

# Cont...

- Wash away foreign objects such as glass. Don't remove embedded objects.
- Always use the right dressing for the injury.
- Don't forget to replace any items you use from your first aid kit.
- Seek trained medical assistance.



# Concept of First Aid

- The most important basic concept in emergency medicine is traditionally remembered by the mnemonic “ABC” which stands for Airway, Breathing, Circulation.
- The care provider first makes sure that the patient has an open airway, is breathing appropriately, and has circulation intact (i.e., pulses, normal skin color and no uncontrolled bleeding).
- If the patient has stable ABCs, other specific injuries can be addressed with first aid.

# Cont...

- For injuries such as cuts, bruising/swelling or broken bones, it is important that the patient has good feeling (“sensation”) and circulation past the location (“distal”) of the injury.
- Other basic concepts include keeping wounds clean, applying pressure to stop bleeding and keeping suspected broken bones immobile until they can be evaluated and aligned appropriately.
- When in doubt, call your doctor for further advice in first aid for specific injuries.

